

CONSISTENT CARBOHYDRATE/ HEART HEALTHY MENU

Chef Daily Specials

Your doctor has prescribed a Consistent Carbohydrate (CHO) and Heart Healthy diet for you during your stay. This consistent carb diet is used to control diabetes. Carbohydrates are the foods that raise your blood sugar. Examples are milk, fruit, and starches (rice, pasta, bread, corn, potatoes, beans). Sugar substitutes can be requested as sweetener. This diet allows you to eat the foods you want, if you stay within your CHO levels for each meal. The number of CHO grams is listed next to the food items below to assist you when ordering. The heart healthy diet limits sodium, saturated/trans fat, and cholesterol for you during your stay. This diet will help control blood pressure and cholesterol, reducing your risk for a heart attack or stroke.

Your doctor will prescribe one of the CHO levels listed below that best meets your needs:

Level 1: 45 g CHO / Meal (1 snack = 15-20 g CHO, optional)

Level 2: 60 g CHO / Meal (1-2 snacks = 15-20 g CHO, optional)

Level 3: 75 g CHO / Meal (1-2 snacks = 15-20 g CHO, optional)

Revised Feb 2022

BREAKFAST

LUNCH

DINNER

SUNDAY

1 Buttermilk
Pancake (17) with
SF Syrup (4),
Turkey Sausage
Patty, Diced Pears
(18) & Milk (6)

Turkey Tetrazzini (37),
Broccoli Florets (4) &
Mixed Green Salad (2)
or
Southwest Chicken Salad
& Tomato Basil Soup (10)

Chicken Marsala (10),
White Rice (22) &
Baby Carrots (9)
or
Meatball Marinara
with Pasta (37) &
Caesar Salad (7)

MONDAY

Low Cholesterol
Scrambled Eggs (1),
Hash Brown
Potatoes (15), Bacon,
Oatmeal (24), Apple
Sauce (12) & Milk (6)

Roasted Turkey Breast
with Gravy (4), Mashed
Potatoes (22) & Green
Beans (6)
or
Roast Beef with
Cheddar on Rye (27) &
Tomato Basil Soup (10)

Baked Ziti (34) with
Broccoli Florets (4)
or
Cranberry Dijon
Chicken Breast (1),
Brown Rice (20) &
California Vegetable
Blend (4)

TUESDAY

1 Buttermilk
Pancake (17) with
SF Syrup (4), Turkey
Sausage Patty, Grits
(26) & Milk (12)

Pork Carnitas (1), Spanish
Rice (21), Corn (18) &
Roasted Bell Peppers (2)
or
Chicken Caesar Wrap (36)
& Vegetable Soup (10)

No Crust-Chicken Pot
Pie (22.5) & California
Vegetable Blend (4)
or
Herbed Baked Chicken
with Mashed Potatoes
(22), Broccoli Cuts (4) &
Applesauce (14)

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BREAKFAST

LUNCH

DINNER

WEDNESDAY

Low Cholesterol
Scrambled Eggs
(1) with Half
English Muffin
(10), Hash Brown
Potatoes (15),
Diced Pears (18) &
Milk (6)

Meatball Marinara
with Pasta (37), Green
Beans (6) & Mixed
Green Salad (2)
or
Turkey Cheeseburger
(31) with Oven
Roasted Potato
Wedges (24)

Beef Stew (11) with
Mixed Green Salad (2)
or
BBQ Chicken Breast
(1), Macaroni and
Cheese (15), Collard
Greens (11) & Fresh
Fruit Cup (11)

THURSDAY

French Toast (16)
with SF Syrup (4),
Turkey Sausage
Patty, Cheerios (20)
with Milk (6) &
Diced Peaches (14)

Citrus Marinated
Chicken (5), White
Rice (22) with Gravy
(4) & Cauliflower (3)
or
Fettuccine with
Tomato Basil Sauce
(47), Mixed Green
Salad (2) & Garden
Vegetable Soup (10)

Lemon Thyme Roast
Turkey (12) with Gravy
(4), Dijon Roasted
Potatoes (21), Green
Beans (6) & Roll (13)
or
Pasta Baked with
Beef and Tomatoes
(26) & Mixed Garden
Salad (2)

FRIDAY

Low Cholesterol
Scrambled Eggs (1)
with Half English
Muffin (10), Turkey
Sausage Patty,
Diced Pears (18) &
Skim Milk (6)

Herb Baked Chicken,
Baked Beans (30) &
Collard Greens (11)
or
Chicken Parmesan
Fresca (3) with Penne
Marinara (57)

Beef Pot Roast (2) with
Gravy (4), Mashed
Potatoes (22) & Green
Beans (6)
or
Tuscan Herb Pollock
(3), Barley Rice Pilaf
(20), California
Vegetable Blend (4) &
Wheat Dinner Roll (13)

SATURDAY

French Toast Slice
(16) with Hash
Brown Potatoes
(15), Applesauce
(15) & Milk (6)

Basil Chicken Breast,
Brown Rice (20) &
Baby Carrots (9)
or
Turkey and Cranberry
Sandwich (33) & Mixed
Green Salad (2)

Farmer's Meatloaf (11)
with Gravy (4), Mashed
Potatoes (22) and Green
Beans (6)
or
Broccoli Herb Penne Pesto
(37), Mixed Green Salad (2)
& Dinner Roll (13)

ALWAYS AVAILABLE

BREAKFAST

- Regular or Low-Cholesterol Scrambled Eggs
- Hard Boiled Egg
- Buttermilk Pancakes (33)
- French Toast (16)
- Tofu Scramble (5)
- Turkey Sausage
- Hash Brown Potatoes (15)
- Blueberry Muffin (18)
- Bagel-Wheat (60), White (42), Cinnamon (42)
- Hot Cereal- Oatmeal (24), Cream of Wheat (17), Grits (26)
- Cold Cereal - Cheerios (20), Corn Flakes (18), Frosted Flaked (25), Raisin Bran (27), Rice Krispies (23)
- Greek Yogurt - Vanilla (11) or Blueberry (13)

ENTREES

- Herb Chicken Breast
- Chop Beef Steak
- Penne & Marinara (57)
- Tofu Scramble
- Hamburger [Beef, Turkey or Veggie (16)] with choice of Regular Bun (27) or Whole Wheat Bun (26) and Cheddar or Swiss Cheese
- Chicken Caesar Salad (8)
- Fresh Fruit Plate - Apples, Grapes, Strawberries & Cantaloupe (44)
- Pita & Vegetables with Hummus (36)
- **Build-Your-Own Sandwich:**
- Choice of: Whole Wheat Bread (26), White Bread (27), Hamburger Bun (27), Whole Wheat Burger Bun (26), 10" Flour Tortilla (35) or 6" Corn Tortilla (12)
- Choice of: Turkey Breast, Chicken Salad (3), Tuna Salad (6), Herb Chicken Breast, Peanut Butter (5), Diet Grape Jelly (3), Diet Strawberry Jelly (3), Sliced Cheddar or Swiss Cheese (1.5)
- Add On: Leaf Lettuce, Sliced Tomatoes (0.71), Sliced Yellow Onions (2.5)

SIDES

Green Beans (6)
Broccoli (4)
Collard Greens (10.5)
California Mixed Vegetables (4)
Mixed Green Salad (2)
Carrot & Celery Sticks (3)

Brown Rice (20)
White Rice (22)
Mashed Potatoes (22)
Penne Pasta (32)
Macaroni & Cheese (15)

Baked Lay's (24)
Wheat Dinner Roll (13)
White Dinner Roll (13)

Chicken Noodle Soup (10)
Tomato Basil Soup (10)
Vegetable Soup (10)
Beef (3), Chicken (2.3) or Vegetable Broth (2.5)

DESSERTS

Angel Food Cake (28)
Peach Cobbler (35)
Orange Sherbet (26)
Sugar-free Lemon Fruit Ice (24.5)
Cookies
 Chocolate Chip (22), Oatmeal Raisin (22)
 Sugar (22) & Vanilla Wafers (18)
Ice Cream
 Vanilla (16), Chocolate (17), Strawberry (16)
Pudding
 Sugar-Free: Chocolate (14) or Vanilla (11)
Gelatin
 Sugar Free: Berry (2) or Citrus (1)
Fresh Fruit
 Apple (18), Banana (22.5), Orange (16), Red Grapes (14), Peach Slices (19), Pear Halves (21)

Speak with the Call Center
Representative for
Additional Options

CALL US 843-792-3892